

L. CLARK CUSHING

MURRAY SENIOR RECREATION CENTER

2018

Recreation for 55+

June

From the Director's Desk

Happy June, everyone!!! The readers among you will notice a small difference in this month's newsletter The Murray City Council has approved our name being changed to **L. CLARK CUSHING SENIOR RECREATION CENTER**. Our hope is to have our name better reflect what we do here.

Please remember to bring your **PARTICIPANT CARD** when you check in. If your card has been lost, the cost is \$5 to replace it. If you still have the old scanning "credit card size" we will replace it at no charge for the smaller one that fits on your keyring.

Please let any of your Murray home-bound neighbors over 55 know about our **FREE TRANSPORTATION** (see page 9). We would love to have them come and visit *their* Murray Senior Recreation Center. For those that have limited income, they may also speak with me about our **SCHOLARSHIP** program (see page 2).



Michael, our Tai Chi instructor, is offering an 8-week **BEGINNING TAI CHI** class which starts on **Tuesday, June 5 at 12:45-1:45**. The cost is \$3 per class or \$20 for the 8-week class.

*Thanks,
Tricia*



The Murray Arts Council would like to invite all participants from the Murray Senior Recreation Center to a **free** dress rehearsal of **THOROUGHLY MODERN MILLIE** on **Wednesday, June 20 at 7:30 pm**. You will be able to experience the newly remodeled Murray Amphitheater. The cast and crew need an audience for their dress rehearsal and have chosen the Center to enjoy this evening as their guest. **Just show up!!**

L. Clark Cushing Senior Recreation Center



#10 East 6150 South
Murray, UT 84107

801-264-2635

heritage@murray.utah.gov
murray.utah.gov/140/Heritage-Center
Director: Tricia Cooke

Monday – Friday

8:00 – 4:30

Thursday

8:00 – 9:30

Saturday – Sunday

Closed

Inside this issue:

General Information	2
Education	3
Miscellaneous	5
Calendar of Events	6
Recreation	8
Services	9
Fitness	10
Travel	11
Lunch Menu	12

2018 Center Upcoming Closures

Wednesday, July 4	Independence Day
Tuesday, July 24	Pioneer Day
Monday, September 3	Labor Day
Monday, November 12	Veterans Day
Thursday, November 22	Thanksgiving
Friday, November 23	Thanksgiving
Tuesday, December 25	Christmas Day

Murray City Administration

Mayor Blair Camp
 Parks and Recreation Director: Kim Sorensen
 City Council:
 Dave Nicponski, District 1
 Dale Cox, District 2
 Jim Brass, District 3
 Diane Turner, District 4
 Brett Hales, District 5

L. Clark Cushing Senior Recreation Center Staff

Director	Tricia Cooke
Programming	Maureen Gallagher
	Wayne Oberg
Secretary	April Callaway
Receptionist	Miranda Carter
Ceramics	Cindy Mangone
Meals Supervisor	Scott Harris
Meals Assistant	Chris Miller
Dishwasher	Annie Gardner
Custodian	Don Smith
Volunteer Drivers	Jerry Budd
	Chuck Dillard
	Sonny Jckowski
	Tom Thompson
Building Attendant	Pete Wright

Advisory Board

Erich Mille (Chair)	Christine Clark
Richard Clark	Brenda Clausen
Connie Gardner	Ed Houston
Jenny Martin	Pete Wright
Rod Young	

Heritage Senior Adults, Inc.

DONATIONS made to the L. Clark Cushing Senior Recreation Center go to the Heritage Senior Adults, Inc. which is a 501(c)3 and funds a scholarship program for our seniors.

Pick up your 20% senior discount punch card (60+) at the Front Desk for use at any **CHUCK-A-RAMA** restaurant. The cost is \$1 and Chuck-A-Rama gives the Heritage Senior Adults, Inc. all the proceeds from sale of the cards.

Every time you swipe your rewards card at Smith's, we will earn money through **SMITH'S INSPIRING DONATIONS**, but only if you link your rewards card to us.

Add a tile to the **WALL OF SUPPORT** in the L. Clark Cushing Senior Recreation Center courtyard. Messages can be 3 lines with up to 20 characters per line. The tiles are 4"x 8"x 2½" (\$125) or 8"x 8"x 2½" (\$250) and are engraved using state of the art laser technology. This ensures strength and durability for a lifetime.

The **SCHOLARSHIP** program provides up to \$70 per month for one year to an individual to help pay for activities at the L. Clark Cushing Senior Recreation Center. Applications are available at the Front Desk or on our website.

Miscellaneous Information

Our monthly **NEWSLETTER** is emailed to those who have a current participant account and have provided us with their email address. It is also available for pick-up at the L. Clark Cushing Senior Recreation Center, online at www.murray.utah.gov, or mailed to your home for a \$20 yearly subscription fee. Donations are appreciated for the copies picked up at the L. Clark Cushing Senior Recreation Center and the suggested donation is \$1 per issue. *Newsletters are archived online.*

Ask at the Front Desk for a copy of our **CANCELLATION POLICY**. In general, for classes or services the policy is one working day, for trips or special events it is five working days, and for overnight trips it is five weeks to receive a full refund.

The L. Clark Cushing Senior Recreation Center accepts all major **CREDIT CARDS** for activity payments made over the phone or in person. All charges made will show from "Murray City" on your credit card statement.

Inquire at the Front Desk if you need **SPECIAL ACCOMMODATIONS** to participate in activities at the L. Clark Cushing Senior Recreation Center. We will make every effort to assist hearing, vision, or physically-impaired participants if notified at least three working days in advance.

April Callaway is now a **NOTARY** and is available to sign documents that need to be notarized; this is a **free** service.

2018 Special Events

Monday, June 11	Summer Kick-off
Monday, September 10	Open House
Thursday, September 20	Dinner Dance
Wednesday, October 17	Oktoberfest
Monday, November 5	Veterans Brunch
Wednesday, November 14	Thanksgiving Meal
Friday, December 7	Holiday Boutique

Murray Scam Awareness

On **Tuesday, June 5** at **10:30**, Detective Greg Stone from the Murray Police Department will discuss **SCAMS** that are happening in Murray. He was with us for our Fraud Symposium in April and many participants have asked for him to return. This is a **free** class. [Register now.](#)

History Class: Hannibal's Oath

On **Tuesday, June 12** at **10:30**, Jim Dui-gnan, who originally hails from Dublin, Ireland, and is a retired history teacher, will present the story of **HANNIBAL'S OATH: THE LIFE AND WARS OF ROME'S GREATEST ENEMY**.



According to ancient sources, Hannibal was nine years old when his father led him to the temple at Carthage and dipped the young boy's hands in the blood of a sacrificial victim. Before the gods, Hannibal swore an oath of eternal hatred toward Rome. Jim will bring this historical time frame to life with his storytelling skills.

This is the second in a series of history classes that will be presented by Jim each month in a storytelling format. This is a **free** class. [Register now.](#)

Utah's Yellow Dot Program

Health Professionals from University of Utah Health will be at the Center on **Friday, June 22** at **10:00-10:30** to teach us about older adult driver safety. This is a **free** class. [Register now.](#)

UTAH'S YELLOW DOT PROGRAM is making a comeback in the state of Utah! The program started in 2012 and has continued to grow. The University of Utah Health's Trauma Department has partnered with the Utah Department of Safety to encourage elderly adults to drive safely and educate them about ways to do so. The Yellow Dot program also comes with resources to help assess driving ability and have the conversation about when it is time to stop.

Fifty Years in Polygamy: Big Secrets and Little White Lies—Kristyn Decker

Kristyn Decker was born and raised in a polygamist home in Utah to a polygamist prophet, married into a polygamist relationship, and raised seven children to believe in polygamy. During this time, she taught school in the AUB private school her children attended. In 2003, she ended her 33-year marriage and left polygamy. A few years later, she met and married LeRoy Decker. She became president of the Hope Organization dedicated to assisting survivors of polygamous relationships.

Kristyn will return to the Center to talk about her book, **FIFTY YEARS IN POLYGAMY: BIG SECRETS AND LITTLE WHITE LIES** on **Tuesday, June 19** at **10:30**. This is a **free** presentation. [Register now.](#)

AARP Smart Driving Class

AARP teaches a **SMART DRIVING** class on the fourth Tuesday each month. The next class will be on **Tuesday, June 26** at **9:30-2:30**. [Register now.](#)

The cost is **\$15** for AARP members and **\$20** for everyone else. The instructor will collect the fee. Make checks out to AARP and pay the day of class. They do not take credit cards. Bring your AARP membership card and valid driver's license. Check with your auto insurance company about a possible insurance discount for attending.

Vital Aging

Rhonda from the **VITAL AGING** project will be available at 10:00 prior to the 10:30 class if anyone would like to visit with her regarding any personal problems or issues you may be having in your life.

On **Tuesday, June 26** at **10:30**, Rhonda will present a new wellness class called **IMPROVING YOUR MEMORY THROUGH NEW LEARNING**. Learn to cope with memory changes through gaining an understanding of what is normal and what can be prevented or compensated for. We will investigate these challenges as well as how to improve your memory through exercise, diet changes, lifelong learning and play. This is a **free** class. [Register now.](#)

Painting Classes

John Fackrell's **WATERCOLOR** and **ART APPRECIATION** classes will **not** be offered in June, July, or August. Information will be available in our **August Newsletter** for his new class which will begin on Monday, September 17.

Sandi Olson's **PAINTING** class begins a new eight-week series on **Wednesday, June 6** and will run through **August 1** at **9:00-12:00**. Cost is **\$40**. Registration began on Tuesday, May 15. Sandi is knowledgeable and paints in both watercolor and oil; she has some experience with pastels and acrylics.

Drawing Class



Beginning **Friday, June 1** through **Friday, August 31**, Lauren Rock will be teaching a **DRAWING CLASS** at **1:30-3:30**. Lauren is a University of Utah art student and she taught a drawing class with us earlier this year and wants to continue teaching drawing. During the summer, she will be teaching figure drawing, still life drawing, and even more perspective drawing. She will also teach basic skills that will enhance your drawing skills. This class is for those that have always wanted to learn how to draw or would like to improve their fundamental art skills. Space is limited to 15 participants. This is a **free** class. Register now.

Crafts

Cindy Mangone's **CERAMICS** class is held at **8:30-12:00** every **Tuesday** and **Thursday**. Cindy can provide help for students of all experience levels. The cost to participate is **\$1.50** each class plus cost of supplies. Supplies and equipment are available to produce knickknacks, works of art, and functional pieces such as plates and bowls.

A small group of **CRAFTERS** meets on **Tuesday** at **12:45-4:00** to share their skills, knowledge, and socialize. Newcomers are welcome. Bring your ideas and projects to share.

In **CRAFTING WITH SUSAN**, the project for **Tuesday, June 12** will be a cute summer door hanger. See the sample in the lobby display case. The cost is **\$5** and all supplies are included. Class is at **2:30** (note new time). Register now.

Computer Classes

Bob Beaudoin will be gone for June but will be back in July for his **INDIVIDUAL HELP** appointments.

Katy Coombs has one-hour **INDIVIDUAL HELP** appointments on **Thursday** at **2:00** and **3:00**. Katy can assist with computer or device help. Cost is **\$3**. Registration and payment needed in advance.

Glen Sisam's **GENEALOGY** class will begin a new five-week series on **Wednesday, June 13** through **Wednesday, July 18** at **12:30-1:30**. This is a **FREE** class. Space is limited to six participants. Register now.

Computer Lab

The **COMPUTER LAB** has six personal computers running Microsoft Windows 10. Computers are available anytime a group class is not being held. The L. Clark Cushing Senior Recreation Center also has an iPad available for use while at the Center if you would like to try out a tablet.

There is no charge to use the computers, but users must sign in and list the computer they are using. Any printing costs **5¢** per page (pay at the Front Desk or in the cash box located in the Computer Lab).

Readers Theater

The **READERS THEATER** troupe meets **Thursday** at **3:00-4:00**. If you would like to participate, please come and join in the fun!

The troupe will occasionally perform their new plays at **12:30** between lunch and bingo on Fridays. A 10-min rendition of **Oklahoma!** is scheduled for **Friday, June 15**.

If you haven't seen the movie in years or are unfamiliar with it, please plan on viewing the movie to better appreciate the Readers Theater troupe's performance of it.

Pool Hall

Pool tables are available for your recreational enjoyment during our hours of operation. The equipment is located in the **POOL HALL** at the east end of the building.

Summer Family Concert Series

Please note the below schedule for our 2018 Summer Family Concerts, which are held on the **2nd Monday** at **7:00 pm**. These concerts are **free** for all ages and are held in our Backyard Plaza. Doors open at 6:00 pm.

Monday, Jun 11	IN CAHOOTS (<i>classic country</i>)
Monday, Jul 9	GREAT BASIN STREET BAND (<i>jazz</i>)
Monday, Aug 13	COMPANY B (<i>jazz</i>)
Monday, Sep 10	MIXED NUTS (<i>big band</i>)

Summer Kickoff Car Show, BBQ & Concert

Come join us as we celebrate summer and all the traditions that go with it. Bring the entire family on **Monday, June 11** from **4:00-7:00** and visit our annual **CAR SHOW**. If you have a car you would like to display, applications are being accepted now. The fee is \$10 for registrations made by June 8 or \$15 the day of the car show. There will be raffles and prizes. The car show is open to the public at no charge.

Then head to the L. Clark Cushing Senior Recreation Center's Backyard Plaza where a tasty **BARBEQUE** of hamburgers and hot dogs awaits, prepared by our very own Chef Scott Harris and his kitchen staff. Cost will be **\$5** a plate, payable the night of the dinner. Eat anytime between **4:30** and **6:30**.

At **7:00** enjoy the music of **IN CAHOOTS**. This will be the first of our 2018 summer family concert series. The concert is **free** for all ages.

From Park City to New York City, and from Jackson Hole to Germany, *In Cahoots* has entertained audiences with their brand of cowboy tunes and tales for more years than they care to remember! Pickin' and grinnin' through an acoustic dose of old standards mixed with a healthy helping of their own originals, *In Cahoots* will give you some of the best cowboy entertainment you've ever stomped your foot to. So tug on your Tony Lamas, cinch down your Stetson, and get ready to ride with *In Cahoots*!



Golf League

GOLF TOURNAMENTS are for those 55+ who have attained a basic level of golf skill which will allow them to compete in 18 holes of play at a pace comparable to the 100+ players who will participate in each tournament. Ask at the Front Desk if you are interested in joining the league this year.

June 4	8:00	Murray Parkway
June 18	8:00	Mountain Dell
June 25	8:00	Wasatch

Brunch Café

We will be offering our **BRUNCH CAFÉ** on **Monday, June 18** from **10:00-12:00**. You may choose a complete meal or pick a la carte from the menu. You will meet the cashier in the patio to fill out your order form and pay. Next, take a seat and a server will bring your order to you once it is ready. **Volunteers are still needed to help with the Café. Please see Moe or Wayne if you have time to help.**

Volunteer of the Month: Pen Pal Program

This month we are honoring the Pen Pal program as our **VOLUNTEER OF THE MONTH**. The Pen Pal program began as a small program in 1997 as a way for seniors to bridge the generation gap and correspond via letters with a Pen Pal at a local elementary school. Currently the program pairs 26 seniors with 5th grade students from Liberty Elementary. Seniors write to their Pen Pal once a month and the students respond back during the school year. The student Pen Pals visit the Murray Senior Recreation Center at least twice during the school year to meet their Senior Pen Pal, share stories, play bingo, eat banana splits, and just have a good time.

Some of our senior Pen Pals have been with the program for a number of years: Vona Mae Dunn – 12 years, Charlotte Cox and Auston "Moose" Johnson – 13 years, Shirley Meier – 14 years. Ellie Oaks-Green, the coordinator of the program, has been a Pen Pal for 19 years. We will honor all of our Pen Pals on **Thursday, June 7** at **12:00**. Thank you Pen Pals for keeping letter writing alive helping the youth to know the great things you do!!



Monthly Calendar

2018

L. Clark Cushing Senior Recreation Center

#10 East 6150 South
Murray, UT 84107

801-264-2635

heritage@murray.utah.gov
murray.utah.gov/140/Heritage-Center
Director: Tricia Cooke

Monday – Friday

8:00 – 4:30

Thursday

8:00 – 9:30

Saturday – Sunday
Closed

MONDAY	TUESDAY
8:00 Murray Parkway Golf 4 9:00 NIA 10:15 Pickleball 10:30 Chakra Meditation 11:00 Bridge Lessons 12:30 Balance Class 12:30 Personal Training 1:00 Movie: Captain America: Civil War 2:00 Strength Conditioning <i>Tuacahn Trip Begins at 10:00</i>	8:30 Ceramics 5 9:00 Stretch and Tone 9:30 Line Dance 10:30 Tai Chi 10:30 Murray Scam Awareness 11:00 Canasta 11:30 Lunch 12:45 Crafters / Beginning Tai Chi 2:00 Beginning Line Dance <i>Tuacahn Trip</i>
9:00 NIA 11 9:30 Ear Wax Removal/Hearing 10:15 Pickleball 10:30 Chakra Meditation 11:00 Bridge Lessons 12:30 Balance / Personal Training 1:00 Movie: Black Panther 2:00 Strength Conditioning 4:00 Car Show 4:30 BBQ 7:00 Family Concert: In Cahoots	8:30 Ceramics 12 9:00 Stretch and Tone 9:30 Line Dance 10:30 Tai Chi / History Class 11:00 Canasta 11:30 Lunch 12:45 Crafters / Beginning Tai Chi 1:30 Legal Consultation 2:00 Beginning Line Dance 2:30 Crafting with Susan
8:00 Mountain Dell Golf 18 9:00 NIA 10:15 Pickleball 10:00 Brunch Café 10:30 Chakra Meditation 11:00 Bridge Lessons 12:30 Balance Class 12:30 Personal Training 1:00 Movie: Field of Dreams 2:00 Strength Conditioning	8:30 Ceramics 19 9:00 Stretch and Tone 9:30 Line Dance 10:30 Tai Chi 10:30 Fifty Years in Polygamy 11:00 Canasta 11:30 Lunch 12:00 Medicare Counseling 12:45 Crafters / Beginning Tai Chi 2:00 Beginning Line Dance
8:00 Wasatch Golf 25 9:00 NIA 10:15 Pickleball 10:30 Chakra Meditation 11:00 Bridge Lessons 12:30 Balance Class 12:30 Personal Training 1:00 Movie: Stagecoach 2:00 Strength Conditioning	8:30 Ceramics 26 9:00 Stretch and Tone 9:30 Line Dance 9:30 AARP Smart Driving 10:30 Tai Chi / Vital Aging 11:00 Canasta 11:30 Lunch 12:45 Crafters / Beginning Tai Chi 2:00 Beginning Line Dance

WEDNESDAY	THURSDAY	FRIDAY
		9:00 Zumba 10:00 Yoga 11:15 Chair Aerobics 11:30 Lunch 12:45 Bingo 1:00 Bridge 1:30 Drawing Class 1
9:00 Painting / Haircuts 9:15 Pinochle 10:00 Yoga / Transportation 10:30 Blood Pressure Screening 11:15 Chair Aerobics 11:30 Birthday Wednesday Lunch 12:30 Balance / Personal Training 12:30 Genealogy 12:45 Bingo 1:00 Bridge <i>Tuacahn Trip</i> 6	8:00 Pickleball Instruction 8:30 Ceramics 9:00 Pickleball 10:30 Tai Chi 11:30 Lunch 12:00 Vol. of the Month / Massage 2:00 Computer Help 2:00 Strength Conditioning 3:00 Readers Theater 7:00 Evening Social Dance <i>Tuacahn Trip</i> 7	9:00 Zumba 10:00 Yoga 11:15 Chair Aerobics 11:30 Lunch 12:45 Bingo 1:00 Bridge 1:30 Drawing Class 8
9:00 Painting / Haircuts 9:00 Tooele Breakfast & Museum 9:15 Pinochle 10:00 Yoga / NO Transportation 11:15 Chair Aerobics 11:15 SL County Aging Outreach 11:30 Lunch 12:30 Balance / Personal Training 12:30 Genealogy 12:45 Bingo 1:00 Bridge 13	8:00 Pickleball Instruction 8:30 Ceramics 9:00 Pickleball 10:30 Tai Chi 11:30 Lunch 12:00 Massage 1:00 Game Day 2:00 Computer Help 2:00 Strength Conditioning 3:00 Readers Theater 7:00 Evening Social Dance 14	9:00 Zumba 10:00 Yoga 11:15 Chair Aerobics 11:30 Lunch 12:30 Readers Theater: Oklahoma! 12:45 Bingo 1:00 Bridge 1:30 Drawing Class <i>Watch Oklahoma! before experiencing the Readers Theater 10-min rendition</i> 15
9:00 Painting / Haircuts 9:15 Pinochle 10:00 Yoga / Transportation 10:30 Transportation Options 11:15 Chair Aerobics 11:30 Lunch 12:30 Balance / Personal Training 12:30 Genealogy 12:45 Bingo 1:00 Bridge 20	8:00 Pickleball Instruction 8:30 Ceramics 9:00 Pickleball / Topaz Trip 10:30 Tai Chi 11:30 Lunch 12:00 Massage 2:00 Computer Help 2:00 Strength Conditioning 3:00 Readers Theater 7:00 Evening Social Dance 21	9:00 Zumba 10:00 Yoga 10:00 Utah's Yellow Dot Program 11:15 Chair Aerobics 11:30 Lunch 12:45 Bingo 1:00 Bridge 1:30 Drawing Class 22
9:00 Painting / No Haircuts 9:15 Pinochle 10:00 Yoga / Transportation 11:15 Chair Aerobics 11:30 Lunch 12:30 Balance / Personal Training 12:30 Genealogy 12:45 Bingo 1:00 Bridge 27	8:00 Pickleball Instruction 8:30 Ceramics / 9:00 Pickleball 9:30 Toenails / HAFB-Hive Winery 10:30 Tai Chi 11:30 Lunch 12:00 Massage 1:00 Game Day 2:00 Computer Help / Strength 3:00 Readers Theater 7:00 Evening Social Dance 28	9:00 Zumba 10:00 Yoga 11:15 Chair Aerobics 11:30 Lunch 12:45 Bingo 1:00 Bridge 1:30 Drawing Class 29

Cards

Informal **BRIDGE LESSONS** (Chicago/Party) are held on **Monday** at **11:00**.

BRIDGE play is on **Wednesday** and **Friday** at **1:00-4:00**. Some players arrive early to practice and start finding first-round partners. If an even number of players are not available when the play begins, then the last person to arrive will be rotated in or three-handed bridge will be played.

CANASTA is played on **Tuesday** at **11:00-2:30** with a break at noon for the Center's lunch. Beginners are welcome, all games are free and anyone can join in on the fun.

PINOCHLE tournaments are held on **Wednesday** at **9:15**. Players must check in no later than 9:00. No advance sign-up is required. The cost is **\$2** and is paid at check in.

Line Dance

Enjoy some great exercise, stimulate your brain, and meet with friends. **LINE DANCING** is held on **Tuesday** at **9:30** for all dancers and **Tuesday** at **2:00** for beginners. The cost is **\$2** and is paid the day of class and placed in the box on the stage.

Bingo

BINGO is played every **Wednesday** and **Friday** at **12:45**. Bingo is free, although donations are appreciated. Winners receive a \$5 gift certificate to Macey's or Village Inn Restaurant.

A special **THANK YOU** to **Village Inn** for donating a pie each week for the elimination game and to **Jenkins-Soffe** for sponsoring bingo on the first Friday of each month.

In order to offer the same quality prizes and games of bingo; we are suggesting the following donation amounts: **\$1** for 1-3 cards played; **\$2** for 4-6 cards played.

Game Day

Come join in on **GAME DAY** on **Thursday, June 14** and **Thursday, June 28** at **1:00**. We will have fun playing games like Mexican Train, Rummikub, Dominos, and other board games. We also have Wii games available.

Monday Movie

Join us on **Mondays** at **1:00** for a **free MOVIE** and popcorn!



CAPTAIN AMERICA: CIVIL WAR

Monday, June 4
2016 / 147 minutes
Superhero Film



BLACK PANTHER

Monday, June 11
2018 / 134 minutes
Superhero Film



FIELD OF DREAMS

Monday, June 18
1989 / 107 minutes
Sports Drama



STAGECOACH

Monday, June 25
1986 / 100 minutes
Western Action

Evening Social Dance

DANCE to the musical genius of Tony Summerhays each **Thursday night** at **7:00-9:30 pm**. Cost for this activity is **\$5** per person. Light refreshments are served during the break and door prizes are given each week. Advanced registration is not required. Pay at the door.

Each dance is supported by a sponsoring agency which provides the refreshments and a door prize. Last month our sponsors were Village Inn Murray, Village Inn West Jordan, Chuck-A-Rama, and Texas Roadhouse.

Haircuts

Jocelyn Anderson provides **HAIRCUTS** on **Wednesdays** from **9:00 to 11:30**. Haircuts cost **\$9**. Hair washing is an additional **\$4**. The wash is paid the day of your cut at the Front Desk. Appointments are every 15 minutes. Payment is required at time of scheduling. Cancellations need to be made 24 hours in advance for a refund.

Massage

Joanne Payne provides **MASSAGE** on **Thursdays** from **12:00 to 4:00**. Cost is **\$18** for a half-hour or **\$36** for an hour. Payment is required at time of scheduling. Cancellations need to be made 24 hours in advance for a refund. *If you schedule a 30-minute appointment, wear loose clothing for your massage.*

Blood Pressure

Community Nursing Services will be providing **free BLOOD PRESSURE** screenings on **Wednesday, June 6** from **10:30 to 12:00**.

Ear Wax Removal and Hearing Test

On **Monday, June 11**, from **9:30 to 11:00**, Dr. Leibovich will be at the Center providing **HEARING TESTS** and **EAR WAX REMOVAL** services. This is a **free** service. Advance appointments are required.

Salt Lake County Aging Outreach

Vickie Jones from Salt Lake County Aging Services will be at the Center on **Wednesday, June 13** from **11:15 – 12:30** to talk about the services **SALT LAKE COUNTY** offers seniors. This is a **free** presentation. Register now.

Toenail Clipping

Dr. Scott Shelton provides **TOENAIL CLIPPING** every other month. The next scheduled toenail clipping will be on **Thursday, June 28** from **9:30 to 12:00**. The cost is **\$11**. **Toenail scheduling began Thursday, May 24.** Payment is required at time of scheduling.

The doctor is unable to provide toenail clipping services for people who are diabetic or on anti-clotting agents such as Coumadin.

Intro to Transportation Options

If you are interested in learning about the local alternatives to driving, you should sign up for the **INTRO TO TRANSPORTATION OPTIONS** class on **Wednesday, June 20** from **10:30–11:15**. During this 45-minute class, we will review options such as local buses, Trax, and FrontRunner; Paratransit; ride-sharing like Uber and Lyft; and more! You will learn about trip-planning tools, how to pay fares, and even free services! This is a **free** class. Register now.

Transportation

TRANSPORTATION to and from the L. Clark Cushing Senior Recreation Center is available for Murray residents on **Wednesdays**. This is a **free** service. Pick-up is between **10:00-10:45** and the return home is around **2:30** after bingo. If you need a ride, call at least one day in advance to sign up.

Please let your Murray home-bound neighbors over 55 know about this service. We would love to have them come and visit their Murray Senior Recreation Center.

Legal Consultation

An attorney is available for a 20-minute **LEGAL CONSULTATION** at no charge on the second Tuesday each month. Kyle Barrick will be here on **Tuesday, June 12** from **1:30 to 3:30**. Advance appointments are required.

Senior Center Legal Clinics are a pro-bono program sponsored by the Utah State Bar Committee of Law and Aging. Volunteer lawyers will consult with you, advise you, or refer you to other sources for help, but they will not solicit your business. This is a **free** service.

Medicare Counseling

Need help with **MEDICARE** or supplement issues? Sign up now for individualized help on **Tuesday, June 19** from **12:00 to 2:00**. Advance appointments are required. Bring documents related to your questions and a volunteer from Salt Lake County Aging and Adult Services Senior Health Insurance Program (SHIP) will help you. The volunteer comes the third Tuesday each month. This is a **free** service.

Exercise Classes

NIA

Monday 9:00-10:00

Neuromuscular Integrative Action (NIA) is an expressive fitness and awareness movement program designed to enhance balance and help you move in harmony.

STRENGTH CONDITIONING

Monday and Thursday 2:00-3:00

Build muscular strength and endurance, increase your balance, and improve flexibility.

STRETCH AND TONE

Tuesday 9:00-10:00

Stretching increases flexibility, improves balance, and helps with range of motion.

TAI CHI

Tuesday and Thursday 10:30-11:30

Focusing the mind solely on the movements of form helps to bring about a state of mental calm and clarity.

YOGA

Wednesday and Friday 10:00-11:00

An ancient system of movements and breathing techniques designed to help you relax and rejuvenate your mind and spirit.

ZUMBA

Friday 9:00-10:00

Involves dance and aerobic movements performed to energetic music.

CHAIR AEROBICS (25¢)

Wednesday and Friday
11:15-11:45

Great for beginners, those with standing or balance problems, those who are easily fatigued, or those in a wheelchair.

Exercise Class Fees

- \$3 for each class
- \$30 punch pass with 10 punches (no expiration)
- \$10 or \$15 monthly fee
- \$30 monthly Total Fitness Pass (includes all exercise classes and use of the exercise room)
- Class fees are **not included** in Silver Sneaker or Silver & Fit Medicare Supplement Insurance benefit

Beginning Tai Chi
Tuesday, June 5
12:45—1:45

Exercise Room

The **EXERCISE ROOM** is open for daily use and contains a treadmill, recumbent bike, hand and leg weights, weight machine, and a strength band wall. The cost is \$1 per day, \$5 for the month, or free if you have Silver Sneakers, Silver & Fit, or purchase our \$30 Monthly Total Fitness Pass. Ask at the Front Desk for details.

University of Utah Students

The University of Utah Exercise and Sports students will be here every **Monday** and **Wednesday** at **12:30-2:00**.

The students teach a **BALANCE CLASS** at 12:30 that can help you improve your fitness levels and increase your endurance, balance, and stretching abilities.

They also offer 30-minute, one-on-one **PERSONAL TRAINING**. Sign up for this service in the exercise room.

This program has become one of our most popular classes as participants enjoy improving their fitness skills. These two classes are included with the Exercise Room fee.

Chakra Meditation

Barbara Battison will present in-depth information about how **CHAKRAS** and **MEDITATION** work. Learn about different ways to take responsibility for your own health. A portion of this class will be spent on meditation and how to activate and keep your chakras balanced.

A new eight-week session begins **Monday, June 4** through **Monday, July 23** at **10:30-12:00**. The cost is **\$20** for the session or **\$3** per class.

Pickleball

Pickleball is the most exciting sport sweeping the country. Part tennis, part badminton, and a whole lot of fun. This racquet sport is played on a 20' x 40' court that limits the amount of mobility required to play the game.

Play **PICKLEBALL** every **Monday** at **10:15-12:00** or **Thursday** at **9:00-11:00** in the dining room or the outdoor courts (weather permitting). If you are new to the sport, **INSTRUCTIONAL PLAY** is every **Thursday** at **8:00-9:00**.

Tooele Breakfast and Pioneer Museum

Once again our Center bus will be headed to the **TOOELE SENIOR CENTER** for the “Second Best Breakfast in Utah.” The bus will depart the Center at **9:00** on **Wednesday, June 13**. We will then travel next door to the **TOOELE PIONEER MUSEUM**, which was established to collect and display pioneer memorabilia. Cost is **\$8** for transportation and includes breakfast and the museum. [Register now.](#)

Topaz Japanese Relocation Camp

We will travel to Delta and the site of **THE TOPAZ JAPANESE RELOCATION CAMP**. The internment of Americans of Japanese ancestry during World War II was one of the worst violations of civil rights against citizens in the history of the United States. The government locked up over 110,000 men, women and children in 10 remote camps.

The bus leaves at **9:00** on **Thursday, June 21** and we will enjoy a sack lunch at the City park, visit the museum, and view the camp ruins. Cost of the trip is **\$15** and includes a sack lunch. [Registration begins Wednesday, June 6.](#)

Utah Shakespeare Festival

We will charter a bus to visit the Tony Award-winning Utah Shakespeare Festival, **August 27-29**. Join us as we see three plays this year—*Henry VI*, *Othello* and *The Merchant of Venice*—all classic William Shakespeare plays.

The cost is **\$350** per person (double occupancy) or **\$425** (single room) and includes two nights at the Abbey Inn, chartered bus, dinners at Rusty’s and Milt’s, and three plays.

[Registration begins Tuesday, July 3.](#) A minimum **\$50** deposit is required for each participant to register for the trip. [Trip payment in full required by Friday, July 20 at 4:00.](#) Travelers may register for themselves and **one** other person.

Cancellations must be made prior to Friday, July 20 for a full refund. After July 20, trip refunded amounts will be on a case-by-case basis.

Hill Aerospace Museum and The Hive Winery

We will undertake this unique and popular trip on **Thursday, June 28** at **9:30** to two diverse locations in northern Utah. Cost of this trip is **\$8**. [Registration begins Wednesday, June 13.](#)

Our first stop will be the **HILL AEROSPACE MUSEUM** located on the northwest corner of Hill Air Force Base. The museum was founded in 1962 as part of the US Air Force Heritage Program and first opened to the public in 1987 where military historical artifacts are on display.

Next, we will travel to the **CRACKER BARREL** in Layton where lunch will be on your own.

After lunch, we will visit **THE HIVE WINERY**, a small “boutique” Utah winery specializing in premium “non-grape” fruit wines and honey wines. The Hive Winery is close to sources of wonderful fresh fruit and local honey and is working on choosing all the environmentally responsible ways of producing wines. Wine tasting and sales will be available (*there is a charge for the wine tasting*).

Wendover

Travel to **WENDOVER** on **Thursday, July 12** and enjoy a day at the Rainbow Casino. A chartered bus has been scheduled for the trip and the cost is **\$20** per person which includes transportation, bonus package from the casino, buffet lunch, and free bingo on the bus. The bus will depart the Center at **8:30** and return at approximately **7:00**. [Register now.](#)

Utah Festival Opera

We will be making two trips to Logan for the **UTAH FESTIVAL OEPR**A to see matinee performances of *Into The Woods* on **Thursday, July 19** and *The Barber of Seville* on **Thursday, July 26**.

Both trips leave at **9:30** and we will have lunch at the Bluebird (on your own) then see the show at 1:00. The cost of each trip is **\$55** for transportation and show ticket. If time allows, we will also visit the Gossner Cheese Factory. [Registration begins on Monday, July 2.](#) These trips are limited to 13 people per trip.

JUNE LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Birthday Wednesday Celebrate your BIRTHDAY on the first WEDNESDAY of the month and you could win a free lunch. The lunch is on us if you're turning 60, 70, 80, 90, or 100 this month—just tell the lunch cashier you've hit a decade! There is free cake and ice cream for everyone to enjoy, too. <i>A special thank you to McDougal Funeral Home for donating the cake!</i>				CHICKEN CORDON BLEU Roasted Veggies Garlic Pasta Fresh Fruit
NO LUNCH	SMOKED PULLED PORK SANDWICH Hush Puppies Green Beans Brownie	LASAGNA Garlic Bread Side Salad Birthday Cake and Ice Cream 	SHRIMP ALFREDO Caramelized Carrots Roll Mocha Mousse	MEATLOAF Mashed Potatoes With Gravy Veggies Jello
Lunch is served Tuesday-Friday between 11:30-12:30 Make your lunch selection and then pay the lunch cashier Sandwiches, soup, or salads available as alternatives Prices range from \$2-\$4 Tickets for Special Events need to be purchased in advance				
NO LUNCH	SPAGHETTI WITH MEATBALLS Spinach Salad Roll Pudding	FRENCH DIP French Fries Broccoli Salad Pineapple Upside Down Cake	HAM 'N SWISS WRAPS Side Salad Veggies No-Bake Oreo Dessert	CHEESEBURGER Tater Tots Salad Fresh Fruit
 BRUNCH CAFÉ 10:00-12:00	POT ROAST Mashed Potatoes With Gravy Carrots Peach Cobbler	PULLED CHICKEN SANDWICH Coleslaw Baked Beans Banana Cream Pie	GRILLED PORK CHOPS Potato Salad Veggies Cheesecake	BAKED TILAPIA Lemon Rosemary Rice Side Salad Brownie
NO LUNCH	ROASTED TURKEY BREAST Roasted Mushrooms Pasta Salad Mississippi Mud Pie	SMOKE RIBS Arugula Pecan Salad Cornbread Creamie	ALL-BEEF HOTDOG Chips Pea Salad Cookie	EGG SALAD CROISSANT Chips Asparagus Watermelon Cake